



# The Journal

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April 3, 2014

## Sexual Assault Awareness Month

# NSAB Kicks Off Sexual Assault Awareness Month

**By Mass Communication  
Specialist 3rd Class  
Brandon  
Williams-Church  
NSAB Public Affairs  
staff writer**

The month of April is nationally known as Sexual Assault Awareness Month and its aim is to raise consciousness about sexual violence and educate communities and individuals on how to prevent it.

Naval Support Activity Bethesda (NSAB) kicked off Sexual Assault Awareness Month (SAAM) with a small ceremony sponsored by the Sexual Assault Prevention and Response (SAPR) office Tuesday.

This year's theme for SAMM is "Live Our Values, Step Up and Stop Sexual Assault."

"Live Our Values' means every service member at every level in our military must adhere to and internalize core service values and higher standards of behavior," said Chief of the Maternal Child Nursing Department Lt. Col. Editha D. Ruiz. Ruiz also stated, "we continue to strive for an environment where professional values, team commitment and respect define how we treat one another at every command, workplace, and throughout our military community."

NSAB's SAPR office and the U.S. Army's Sexual Harassment/Assault Response



U.S. Navy Photo by Mass Communication Specialist 3rd Class Hannah Wilhide

**Sailors and Marines gather on the flight deck of the multipurpose amphibious assault ship USS Bataan (LHD 5) to form a teal ribbon in support of Sexual Assault Awareness Month.**

and Prevention (SHARP) Programs work together to challenge all service members to reinforce personal and unit commitments to eliminate the crime of sexual assault at NSA Bethesda.

"We provide prevention and training to everyone assigned to the installation to include initial response and advocacy support services

to active duty service and family members (18 years or older), retirees, DoD Civilians, and contractors," explained NSAB Sexual Assault Response Program Coordinator Kimberley Agnew. "Our policy is to turn no one away and to have the resources to properly assist with obtaining immediate support."

NSAB's SAPR office is focusing its attention on the important part the community plays in preventing and stopping sexual assault.

"Bystander intervention is a part of step up to stop sexual violence," said NSAB SAPR Representative Michelle Herrera. "Education and bystander intervention are key components in

helping to prevent or stop sexual assault. Bystander intervention gives the community specific roles that they can use in preventing sexual assault before it occurs. By being a bystander, you can intervene in situations that may lead to a sexual assault, step in during

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# Commander's Column

We do three things at WRNMMC: Accomplish our Mission; Take care of each other; Take care of our Families. MISSION/PEOPLE -- good leaders do both.

Apr. 1 was much more than April Fool's Day this year - it was cause for celebration!

Apr. 1 was the 121st birthday of our Chief Petty Officers. Master Chief Fernandez led a special Colors ceremony on Tuesday morning as we gathered to recognize our Chief Petty Officers and their dedicated, invaluable service. Please take a moment to thank our Chiefs and all of our Senior Enlisted Leaders and non-commissioned officers for all they do for our MISSION/PEOPLE.

Tuesday was the grand opening of the USO Warrior and Family Center. This much-anticipated facility is a wonderful place for service members, their families and for our staff to gather, relax, learn, unwind and rejuvenate. We are truly blessed to have the USO providing a "home away from home" for those we are privileged to serve and for our staff. If you have not done so, please drop by - you will be amazed by what the center has to offer. Spend a moment viewing the portrait-in-the-round of Prescott Bush (Father of our 41st President; Grandfather of our 43rd President) - truly a great American who did much for the USO, service members, their families, and our nation.

On Apr. 1 WRNMMC kicked off our Army Emergency Relief/Navy-Marine Corps Relief Campaign. As with all we do, this is a joint effort. Each of us can donate to both or either of these nonprofit organizations whose mission is to provide emergency assistance to service members and their families. I ask that you consider joining me in donating to these great organizations.

Tuesday we re-committed ourselves to preventing sexual assault and sexual harassment. April is Sexual Assault Awareness Month; for us it is a 365 day a year, 24/7 commitment to treating all with dignity and respect.

We cut the ribbon on the NEX Prescription Refill Pick-Up Point on Wednesday. Our patients can now park, shop and pick up their refill prescriptions in one convenient location. This patient-



centered partnership with the NEX provides a tremendous service for those we are privileged to serve.

Walking around chatting with our staff is the best part of my job. As I visit our outpatient clinics and services, I always thank those serving at our front desks -- they greet each patient with a smile; check each in and ensure they are seen regardless of how late they may arrive; answer questions; make follow-up appointments. These unsung heroes anchor our proactively patient-friendly commitment. Please say 'thank you!' to these good folks.

Our parking policy is simple: patient parking is only for patients; staff, with appropriate parking placard, park only in staff parking. We are making a change to our designated staff parking. Our service member, civilian, and volunteer of the quarter award winners will soon have a designated spot in front of Building 1. WRNMMC leaders, including the Director (me), have traditionally parked in front of Building 1, will park on the 9th deck of the MUPS. This will free up a few more staff parking spaces, but more importantly, will recognize our best and brightest staff with convenient parking.

Next week is the 40th anniversary of National Volunteer Week - a reminder to consider volunteering in our communities. The USO is a great place to volunteer! On Apr. 17 we will celebrate our Red Cross volunteers in our quarterly recognition ceremony. We have over 400 Red Cross volunteers serving over 4,000 hours each month in numerous areas of our hospital. We could not do what we do without these great members of our team. Come join us and say 'thank you!'

WRNMMC Town Halls are Apr. 8: 7 to 8 a.m.; noon to 1 p.m.; and 3:30 p.m. to 4:30 p.m. Our Town Halls are great opportunities for updates on our way ahead, sharing of information and to ask questions. I hope to see you there..

I ask that you be as proud of who we are, what we do, and most importantly, how we do it, as I am to serve with you. As always, thank you and may God bless.

**Brig. Gen. Jeffrey B. Clark MC, USA**  
**Director, Walter Reed National**  
**Military Medical Center**

# Bethesda Notebook

## Walter Reed Bethesda Town Halls

Walter Reed Bethesda's next town halls are scheduled for April 8 at 7 a.m., noon and 3:30 p.m. in the Memorial Auditorium. All staff members are encouraged to attend one of the meetings.

## TRICARE Service Center Goes Online

The TRICARE Service Center, in Building 9 at Walter Reed Bethesda, transitioned to a 24/7 online service and phone assistance operation Tuesday. Although walk-in service ended, beneficiaries are still able to receive the same assistance via online support at [www.tricare.mil](http://www.tricare.mil), or by calling 1-877-TRICARE (1-877-874-2273). Assistance is also available through Health Net Federal Services, LLC, the TRICARE regional contractor, at [www.hnfs.com](http://www.hnfs.com). For more information, call 301-295-5143.

## Stages of Healing

Walter Reed Bethesda's Stages of Healing is offering the following programs this month: today at noon in the Healing Garden in front of the America Building, the El Rancho High School Marching Band is scheduled to perform (in case of rain, the band will perform in the Memorial Auditorium); on April 24, the blues, classic rock and rhythm and blues band Standing 8 performs at noon in the America Building lobby; and on April 30 at noon, a humor workshop will be held in the America Building River Conference Room (3558). For more information, call Lt. Cmdr. Micah Sickel at 301-295-2492.

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# Chiefs Celebrate 121 Years of Leadership, Service

**By Bernard S. Little**  
WRNMMC Public  
Affairs staff writer

Chief Petty Officers (CPO) from commands onboard Naval Support Activity Bethesda (NSAB) celebrated the 121st birthday of U.S. Navy Chief Petty Officers Tuesday.

On March 13, 1893 U.S. Navy Regulation Circular No. 1 authorized the rate of Chief Petty Officer to take effect on or after April 1, 1893. The word "Chief" designates the rate's senior position among Navy enlisted personnel.

According to the Department of the Navy, the entire Chief community accounts for no more than 10 percent of the Navy's approximate 300,000 service members. Master Chiefs account for only 1 percent of Navy personnel, and Senior/Master Chief combined cannot exceed 3 percent.

The Chief's 121st birthday celebration at NSAB began with the raising of the colors by Chiefs, followed by the singing of "Anchors Aweigh." Command Master Chief (CMC) Clint A. Garrett, for the Navy Medicine Professional Development Center at NSAB, then spoke to the formation assembled in front of the historic Tower on base.

Garrett explained being a Chief requires leadership and service. He said to be a Chief means "becoming all things to Sailors in order to win some for the higher purpose for which we are called, accomplishing the mission [and] to do so with dignity, respect, discipline and without compromising morals, values and ethics we learn and are charged to exemplify."

The CMC said what he finds most rewarding about being a chief is serving as the "inspiration or catalyst for others to reach their goals." Garrett said he was motivated to join the Navy by a Chief he met as part of

his high school's Navy Jr. ROTC program growing up in Detroit. He added he had no intentions of remaining in the Navy after his initial enlistment, but remained in for nearly three decades because of the "great people, fascinating places and the opportunities to learn, lead and defend our great nation. [It's a] way of life."

Navy Capt. David A. Bitonti, NSAB commanding officer, also saluted the Chiefs. "We couldn't accomplish the things we do every day in our military without the leadership of Chief Petty Officers," he said. "For what you do every day, for the people who you are, who you lead and for the difference you make. Thank you very much."

Walter Reed National Military Medical Center Director Army Brig. Gen. Jeffrey B. Clark said it's good for all service members, the civilian, contract and volunteer workforce on base to gather and celebrate "something that is special about one of us." He added celebrating the birthday of Chiefs "as one family" is appropriate because it takes all services, civilians, contractors and volunteers working together to accomplish the mission.

"It is an honor and pleasure to be a Chief," said Senior Chief Derek L. Eaton, senior enlisted leader at the National Intrepid Center of Excellence. In the Navy for more than two decades, Eaton added, "A Chief is considered the cornerstone of the Navy. Your best Sailors, enlisted and officers, would not be as successful if it wasn't for a Chief mentoring them."

As a Chief, Eaton said his top priority is mentorship. "I am charged with guiding Sailors. When you are selected to be a Chief Petty Officer, it's not about you, it's about the Sailors you work for and providing them the tools of leadership and lessons learned you have received from Chiefs who helped you to become one. Every morn-

ing I don my anchors, I'm motivated to work for my Sailors. If it wasn't for my Sailors, I wouldn't be here or even selected to be a Chief. A wise Chief told me, 'If your Sailors aren't successful, you won't be successful. If you don't care about your Sailors, motivate the best out of them, appreciate your Sailors, lead them or be an example, you won't, or even deserve, to be a Chief.'"

Eaton added to be a good Chief takes "being an active listener, giving credit where it's due, [and] getting away from the computer and walking around. You can learn a lot by talking with your Sailors, Soldiers, Marines, Airmen and civilian personnel. Appreciating your staff goes a long way, especially in front of their peers and leadership."

According to the Department of the Navy, Chief of Naval Training and Education, Chief Petty Officer Indoctrination, Document 38202, Part One, Chief Petty Officers are enlisted members in pay grades E-7 through E-9, who lead and manage the Sailor resources of the Navy they serve. They are responsible for, have the authority to accomplish and are held accountable for: leading Sailors and applying their skills to tasks that enable mission accomplishment for the U.S. Navy; developing enlisted and junior officer Sailors; and communicating the core values, standards and information of our Navy that empower Sailors to be successful in all they attempt.

The fouled anchor is the emblem of the rate of CPO of the U.S. Navy. Attached to the anchor is a length of chain and the letters U.S.N.

In the book "Ask the Chief, Backbone of the Navy" published in 2004, J. F. Leahy writes, "To the novice, the anchor, chain and letters only identify a Chief Petty Officer of the United States Navy, but, to a Chief, these

have a more noble and glorious meaning. The 'U' stands for Unity, which reminds us of cooperation, maintaining harmony and continuity of purpose and action. The 'S' stands for Service, which reminds us of service to our God, our fellow man and our Navy. The 'N' stands for Navigation, which reminds us to keep ourselves on a true course so that we may walk upright before God

See CHIEFS page 8



Photo by Sharon Renee Taylor

**Chief Petty Officers at Naval Support Activity Bethesda carry the colors to the flagpole in front of the historic Tower on base as part of a ceremony celebrating the 121st birthday of U.S. Navy Petty Officers Tuesday.**

## You spoke. We listened.

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# New Prescription Refill Pick-Up Point Opens in NEX

By Sarah E. Marshall  
and Bernard S. Little  
WRNMMC Public Affairs  
staff writers

To continue supporting warfighters, past, present and their families, a new prescription refill pick-up point opened in the Navy Exchange (NEX) on Naval Support Activity Bethesda (NSAB) Wednesday, providing optimal care to all beneficiaries.

Walter Reed National Military Medical Center (WRNMMC), NSAB and NEX officials cut the ribbon to open the prescription refill pick-up point. Hours are Monday through Saturday from 9:30 a.m. to 8 p.m., and Sunday from 10 a.m. to 7 p.m. The location is on the lower level of the NEX, next to the Customer Service kiosk.

To expedite prescription refill services, beneficiaries are encouraged to call-in or request refills online at least five days in advance of pick-up. The call-in

number is 1-800-377-1723, and refill requests can be made online at [www.wrnmmc.capmed.mil/Pharmacy](http://www.wrnmmc.capmed.mil/Pharmacy).

Walter Reed Bethesda also fills prescriptions of beneficiaries even if the prescription was written by a civilian doctor, according to Army Col. Laurel Fields, pharmacy chief at WRNMMC. Regardless of whether beneficiaries were seen by TRICARE network providers outside Walter Reed Bethesda, beneficiaries can have their prescriptions filled at a WRNMMC pharmacy and refilled at the pick-up point in the NEX, she said. They can also have their existing prescriptions transferred to the pharmacy.

At Walter Reed Bethesda, there are no co-pays, 90-day supplies of most medications and lower costs than at retail pharmacies.

WRNMMC, NSAB and NEX officials also tout the convenience of parking in the NEX garage as another advantage to using the new prescription refill

pick-up point in the store. The two-level parking facility has approximately 500 spaces for patrons. Also, beneficiaries can shop, and dine, in the 150,000 square-foot, two-tier store while having their prescriptions refilled.

In addition to the new prescription refill pick-up point in the NEX, other pharmacy services located at Walter Reed Bethesda include:

- Arrowhead Full-Service Pharmacy (in Building 9), open Monday through Friday from 7:30 a.m. to 8:30 p.m. and Saturday from 8 a.m. to noon;
- America Full-Service Pharmacy (Building 19), open Monday through Friday from 7 a.m. to 6 p.m.;
- Drive-Thru Refill Pick-Up Point (Building 98, behind the Bowling Alley, in parking lot H), open Monday through Friday from 8 a.m. to 6 p.m.

Fields explained the WRNMMC pharmacies use cutting-edge technology and a bar code system which screens for drug interactions, ensuring patient

safety. The pharmacies also have the benefit of being able to look into a patient's electronic medical records, unlike if they receive their prescriptions outside the network, and they feature a high-tech security system, she added. WRNMMC is also the only military medical facility in the National Capital Region offering weekend pharmacy services.

The pharmacy chief said the new NEX prescription refill pick-up point has been an ongoing process and could not have been done without the support they've had from command leadership and the pharmacy team.

"The staff has done a yeoman's effort in getting this pharmacy up and running," Fields said. "I'm excited. It's a new opportunity to provide services to patients. This truly gets to the core of patient and family-centered care."

For more information, call the WRNMMC pharmacy team at 301-295-2123.

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# Enjoy the Taste of Vegetables Without Adding Salt, Fat

By 2nd Lt.  
Elizabeth Tankovich  
WRNMMC Nutrition  
Services Department

*This article is the first article of a three part series provided by Walter Reed National Military Medical Center (WRNMMC) Nutrition Services Department dietetic interns focused on this year's National Nutrition Month theme, "Enjoy the Taste of Eating Right."*

"Eat your veggies!" We have probably all heard this when we were children, and for good reason. Diets rich in fruits and vegetables provide an abundance of nutrients, promote a healthy body weight and help to lower blood pressure.

Unfortunately, many people think vegetables do not taste good, but here are three tips on how to enjoy nutritious vegetables without adding excess sodium and fat.

One, choose veggies that are in season. Not only will in-season veggies have more flavor, they also contain more nutrients. Local farmer's markets are usually a sure way to get

veggies which are in season. Many grocery stores have also started to stock local produce. Find out which vegetables are in season at <http://www.fruit-sandveggiesmorematters.org/>.

Two, become familiar with herbs, spices, citrus and flavored vinegars. These seasonings can decrease the need for sodium and fat while providing additional health benefits.

Three, don't shy away from frozen and canned veggies, which are often packed at peak freshness when their nutrient value is highest. In order to avoid excess sodium and fat, choose "low-sodium" canned items and choose frozen items without added sauces or salt. Rinsing canned vegetables can help lower the sodium content.

Here are some pairing suggestions for spring vegetables:

- Greens and spinach pair well with garlic, onion, nutmeg and thyme. Try adding chopped apple to your greens dish for a sweet and tart twist.
- With beets, add white wine vinegar (or a vinegar you have on hand), dill, parsley, black pepper, and a drizzle of extra virgin olive oil to oven-roasted



Courtesy photo

**Diets rich in fruits and vegetables provide an abundance of nutrients, promote a healthy body weight and help to lower blood pressure.**

beets for a flavorful dish.

- Steamed broccoli pairs with lemon juice, lemon pepper, garlic or red pepper flakes.
- Try roasting parsnips with carrots, rosemary, sage and black pepper.

• Potatoes pair well with dill, garlic, onion, paprika, parsley and sage.

- Add cinnamon, ginger, nutmeg, and onion to liven up winter squash.
- Try "spicing up" tomato and

vegetable soup by adding a turnip.

For more information about eating right, contact the Out-patient Nutrition Clinic at 301-295-4065 to schedule an appointment with a registered dietitian.



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# WRNMMC's DECON Team Trains, Continues Enhancing Preparedness

By Sarah E. Marshall  
WRNMMC Public Affairs staff writer

Walter Reed Bethesda's Decontamination (DECON) Team raced against the clock on March 26, suiting up in their chemical-resistant suits, fastening their air purifying respirators and setting up a portable decontamination shelter.

Their mission: to be fully dressed in personal protective equipment (PPE) and deploy a fully operational decontamination shelter within 15 minutes. The team finished with time to spare, completing the mission in less than eight and a half minutes.

The timed exercise was part of an annual First Receiver Operational Training course, required by the Occupational Safety and Health Administration (OSHA), according to Chris Gillette, emergency manager for Walter Reed National Military Medical Center (WRNMMC).

"The training tested and ensured all DECON equipment is operational, while enhancing the medical center's preparedness," Gillette said.

OSHA requires the nation's hospitals, military and civilian, to establish plans in the event of a hazmat situation, such as a chlorine spill, or an incident involving a chemical, biological, radiological or nuclear agent, also referred to as a CBRN incident, Gillette explained. According to OSHA standards, the hospital's DECON program must fulfill 16 hours of decontamination training per year, he said, and at WRNMMC, the DECON team goes above and beyond, training monthly, to hone their skills.

For the fourth consecutive year, WRNMMC's DECON team completed the OSHA-required training. The three-day course consists of classwork, preparing the team to recognize symptoms of hazmat or CBRN exposure, and culminates



**Time! The team finished setting up the shelter and suiting up in less than eight and a half minutes, well under the 15 minute requirement.**

with the timed exercise, allowing them to re-enforce their skills, Gillette said.

"The quicker the team can retrieve the portable equipment, the portable shelter, get it set up, and have everything running operationally, be in their personal protective equipment, the better chance we have to start taking care of the greatest number of casualties in the shortest period of time," Gillette said.

He went on to note the DECON team's enthusiasm, and how well they work together during training.

Staffed by volunteers, the team includes military and civilian staff from various clinics and departments throughout the medical center, said John Skelly, patient decontamination program manager and National Disaster Medical System (NDMS) program manager.

"They're really the life-line in a CBRN or

hazmat incident, and they take their responsibilities seriously," Skelly said.

That goes for Army Staff Sgt. Daniel Burke, non-commissioned officer in charge (NCOIC) instructor for Emergency and Tactical Medicine in Hospital Education and Training at WRNMMC. A member of the DECON team since January, Burke is a medic by training. He said he appreciates the opportunity to learn a new aspect of medicine.

"To be able to know what to do [in a CBRN incident], and to actively do something in a situation like that, instead of feeling helpless, is probably the best part," said Burke, who joined the team about two months ago. Last week's training was his first full "dress rehearsal," he said, and it was "awesome." He added being involved with the team is a valuable opportunity, especially for those who transition to



Photos by Sarah E. Marshall

**The decontamination team trains monthly. March 26, they conducted an annual OSHA required training, and successfully completing a timed exercise.**



**Walter Reed National Military Medical Center's decontamination team is made up of about 60 staff members from throughout the medical center. During an annual Occupational Safety and Health Administration (OSHA) required training on March 26, the team was timed to see how fast they could put on their personal protective equipment and set up a portable decontamination shelter.**

a new duty station, and can be that "go-to" person.

"This training will stick with you for your entire military career, especially for medical personnel," Burke said.

Hospital Corpsman 1st Class Mark Steven Meneses, NCOIC/leading petty officer for WRNMMC's Respiratory Therapy Department, echoed similar sentiments. He brings relevant experience from his previous commands to the team.

"On my last two carriers (CVN 72 - USS Abraham Lincoln and CVN 74 - USS John C. Stennis), I was one of two medical

personnel trained and qualified in radiological decontamination," Meneses said. "My previous experience helped me grasp knowledge we were given, and makes me feel like a much more seasoned team member."

A member of the team since December 2013, Meneses expressed his appreciation for the advanced technology, including the state-of-the-art equipment, and the highly in-depth and hands-on training.

"What I enjoy most is that I know I'm now part of a highly specialized team, that I know will perform superbly, if there

ever was a real-world response," said Meneses.

In addition to the DECON team, WRNMMC Emergency Department staff members are also trained to respond to a CBRN or hazmat incident, Skelly added. They will likely be the ones where patients arrive in a real-life situation, and they are equipped with a fixed decontamination facility, within the department, where they can begin decontamination efforts. Meanwhile, the DECON team would deploy to accommodate an even larger volume of casualties, he explained.

Skelly noted the medical center is recognized as one of the best trained and best equipped for a hazmat or CBRN incident, and other hospitals in the region often look to WRNMMC when developing their programs.

"We're doing things the right way," Skelly said. "We're well equipped to deal with a broad spectrum of hazmat type events."

Staff members who are interested in joining the DECON team may contact Chris Gillette at 301-295-3115, or John Skelly at 301-295-5202.



# Short Course 'Refreshes' Lab Skills

By Sharon Renee Taylor WRNMMC  
Public Affairs  
staff writer

For more than 40 years, Doug Grove has stepped inside a laboratory nearly every work day. The Walter Reed National Military Medical Center (WRNMMC) medical technologist measures antibodies in patient serum for diseases like measles, mumps, rubella and syphilis.

During an expansive career that began as a Soldier in 1966, Grove has seen and worked in many different labs. Once serving as a staff chemist for a kidney preservation study, his work now is strictly clinical and automated.

"[Now] you just put serum samples in, the machine mixes it up, does all the chemical reactions, it reaches the results, prints it out on the computer [and] we send it out to the mainframe," Grove said. "When I first joined the Army, during Vietnam, most of our [work] was manual."

Despite his years in the laboratory, he explained it's never too late to brush-up on old skills and learn something new. In March, Grove and 14 other civilian and military students "refreshed" their laboratory skills and learned new ones in a three-week Molecular Biology Lab Course offered for a second year by the Department of Research Programs at Walter Reed Bethesda.

Scientists and technicians of the Biomedical Research Laboratory (BRL) at WRNMMC taught the lab-based short course designed to provide hands-on experience in commonly used techniques in molecular biology research, according to Navy Cmdr. Janine Danko, who serves as chief of the BRL and developed the class with Course Director Dr. Yaleng Zhou.

"The students learn the theoretical basis for and practice some basic



**Students in the three-week Molecular Biology Lab Course practice what they learn. From (left), allergist Capt. (Dr.) Yuliya A. Ogai, and (right) neurologist Lt. Col. (Dr.) Nathan Tagg, students in the course get hands-on experience in the lab.**

molecular biology techniques such as nucleic acid purification and quantification, and gel electrophoresis," said Danko.

She explained students also learned and practiced cutting-edge technologies like polymerase chain reaction (PCR), reverse transcription, and real-time quantitative PCR.

"Our goal is to expose the students to these techniques, practical uses of these techniques in clinical research and

introduce them to the many capabilities [that] the [Walter Reed Bethesda] BRL and staff have to offer," Danko said.

The state-of-the art biomedical laboratory where the course took place supports clinical research studies in the disciplines of biochemistry, molecular and cellular biology, as well as immunology. There are currently nine active laboratory research studies currently underway at the BRL, the largest of such research labs across

the military healthcare system, according to Danko.

Zhou said the short course was condensed to maximize the students' time, and best utilize BRL staffers who served as instructors for the three-part course, packed into one hour of lecture and three hours of lab practice in a single afternoon each week from Mar. 12-26.

"Most of them come to BRL to use the molecular techniques so this course helps them better under-



Photos by Sharon Renee Taylor

**Medical technologist Doug Grove, brushes up on his lab skills during the course.**



**Elena Morris, a medical technician with the Biomedical Research Lab at Walter Reed Bethesda, instructs physician assistant Maj. Scott Baumgartner during the course.**

stand when they read literature, and formulate plans to use these techniques in their future research," said Zhou, who explained the students subsequently return to the lab after the course with research protocols actively using the resources provided by the BRL they were exposed to during the course.

Army Maj. Shahrooz Shayegan, a WRNMMC allergist who participat-

ed in the March course, said he hasn't conducted any bench research yet but may begin a research project in the future.

"That's one of the main reasons why we're encouraged to take this class," he said. "For me with a background in cell biology, it's a good review of some of the things I've forgotten on the bench side of science."

See **COURSE** page 10





**Chief Petty Officers (CPOs) onboard Naval Support Activity Bethesda sing "Anchors Aweigh" as part of a ceremony celebrating the 121st birthday of U.S. Navy CPOs Tuesday.**

## CHIEFS

Continued from 3

and man in our transactions with all mankind, but especially with our fellow Chiefs. The chain is symbolic of flexibility and reminds us of the chain of life that we forge day by day, link by link and may it be forged with honor, morality and virtue."

Leahy, who has writ-

ten on a number of naval topics and is a former Navy radioman whose active duty included a combat tour with Mobile Construction Battalion One at Phu Bai and Da Nang Vietnam in 1969-70, also wrote: "every chief petty officer practices leadership, development, communication and support every time he or she crosses the quarterdeck of a ship or station. That's what chiefs do; that's what chiefs have always

done."

The United States Navy is distinct among the U.S. Armed Forces in that promotion to Chief traditionally involves specialized activities known as CPO 365, a year-round program for First Class Petty Officers (FCPOs) testing their mental, physical and professional capabilities for becoming CPOs.

Master Chief Petty Officer of the Navy Michael D. Stevens stated



Photos by Sharon Renee Taylor

**Senior Chief Derek L. Eaton, senior enlisted leader at the National Intrepid Center of Excellence, leads the formation for colors, Tuesday morning in celebration of the 121st birthday of the U.S. Navy Chief Petty Officer.**

on Jan. 7, 2013, "CPO 365 and the development of our FCPOs to become CPOs is not about a moment in time. It's about a continuous time. This is something we're going to do every day, 365 days a year, and so we want to make sure the term we are using is matching what we are doing."

Unlike Petty Officer First Class and lower rates, advancement to

CPO not only carries requirements of time in service, superior evaluation scores, and specialty examinations, but also carries an added requirement of peer review. A CPO can only advance after review by a selection board of serving Senior and Master Chief Petty Officers. Upon completion of CPO 365, the new Chiefs receive their anchors dur-

ing a frocking ceremony, a tradition unique to the Navy. During this ceremony, family members and friends pin the gold-foiled anchor insignia onto the uniform of each new Chief. In the Navy, CPOs' uniform changes to reflect their increased responsibility, becoming identical to that of an officer's uniform except with different insignia.

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# MONTH

Continued from 1

an incident or speak out against gender-focused jokes, sexual comments and vulgar pictures.”

At the SAAM kickoff ceremony, NSAB Commanding Officer Capt. David A. Bitonti stated, “This is a critical time, not only in our Navy but in our country and we have the opportunity to affect change.” Bitonti also stated, “we have the opportunity to make a difference by simply stepping up and saying something. This month is about focusing on raising awareness for sexual assault and the prevention efforts to go along with it. You all can make a difference; you all can bring about that change.”

During April, several activities are planned at NSAB and Walter Reed National Military Medical Center to educate of the goals of SAAM.



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

**Naval Support Activity Bethesda Commanding Officer Capt. David A. Bitonti signs the Sexual Assault Awareness Month Proclamation at the kickoff ceremony Tuesday.**

In addition to the demonstration of support for victims and advocates, the display of teal ribbons throughout the community conveys a powerful message that there's no place for assault in homes, neighborhoods, schools or workplaces.

Events for the month include information tables, a bowling event, Denim Day USA and a defense class. Join the base to ‘strike out’ Sexual As-

sault and bowl for a good cause. To honor Denim Day, people are encouraged to wear jeans to work in order to promote awareness. The R.A.D. basic self defense class will be held on Friday April 25 from 8:30 a.m. to 4 p.m. in Building 11. Space is limited; please call 301-319-4087 to register.

For more information on how to prevent sexual assault contact the SAPR office at 301-319-4087.

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## COURSE

Continued from 7

Shayegan earned his undergraduate degree in 1998. "That's probably the last time I've been in a bench research-type setting."

Army Neurologist Lt. Col. Nathan Tagg, a student alongside the allergist in the BRL Molecular Biology Lab Course, said he hopes to implement some of the lab techniques he learned in the course doing research he plans to conduct in a neurology/immunology fellowship at National Institutes of Health next year. The neurologist explained what he believed to be the best part of the lab short course at WRNMMC.

"I think just learning about the newest techniques that are being used is very interesting, and the hands-on help to solidify what they're teaching us," he said. "Most of this stuff didn't exist in its present form when I had my last course in lab research so it's nice to get updates," explained Tagg, who completed his residency nearly ten years ago.

Gervon Harris, a lab technician at Walter Reed Bethesda activity involved in vaccine research, said the course instructors were very helpful, and complimented the laboratory facil-

ity. "[The lab] covers everything: chemistry, immunology, microbiology-I think it's well-suited for doing any kind of procedure you might need and I think it really is a great facility to help support research," she said.

Fred Gage, a senior research coordinator at Walter Reed Bethesda, agreed with his classmate for the lab course. "I appreciate the opportunity that [Walter Reed Bethesda] allows for us to learn on modern research equipment," he said. With 32 years of experience, Gage has conducted studies in the areas of dialysis, transplant and wound research.

The Biomedical Research Lab contains advanced equipment available for use by clinical staff and researchers at WRNMMC along with the military medical community, according to Army Capt. Raymond Casteline, deputy chief of the BRL. Walter Reed Bethesda recognized its research heroes in their "Aware for All" annual education and awareness event, April 1. The research and innovation event honored volunteer research participants, and celebrated extraordinary research currently underway at WRNMMC. Research teams offered information about their studies and resources at the table meet and greet.

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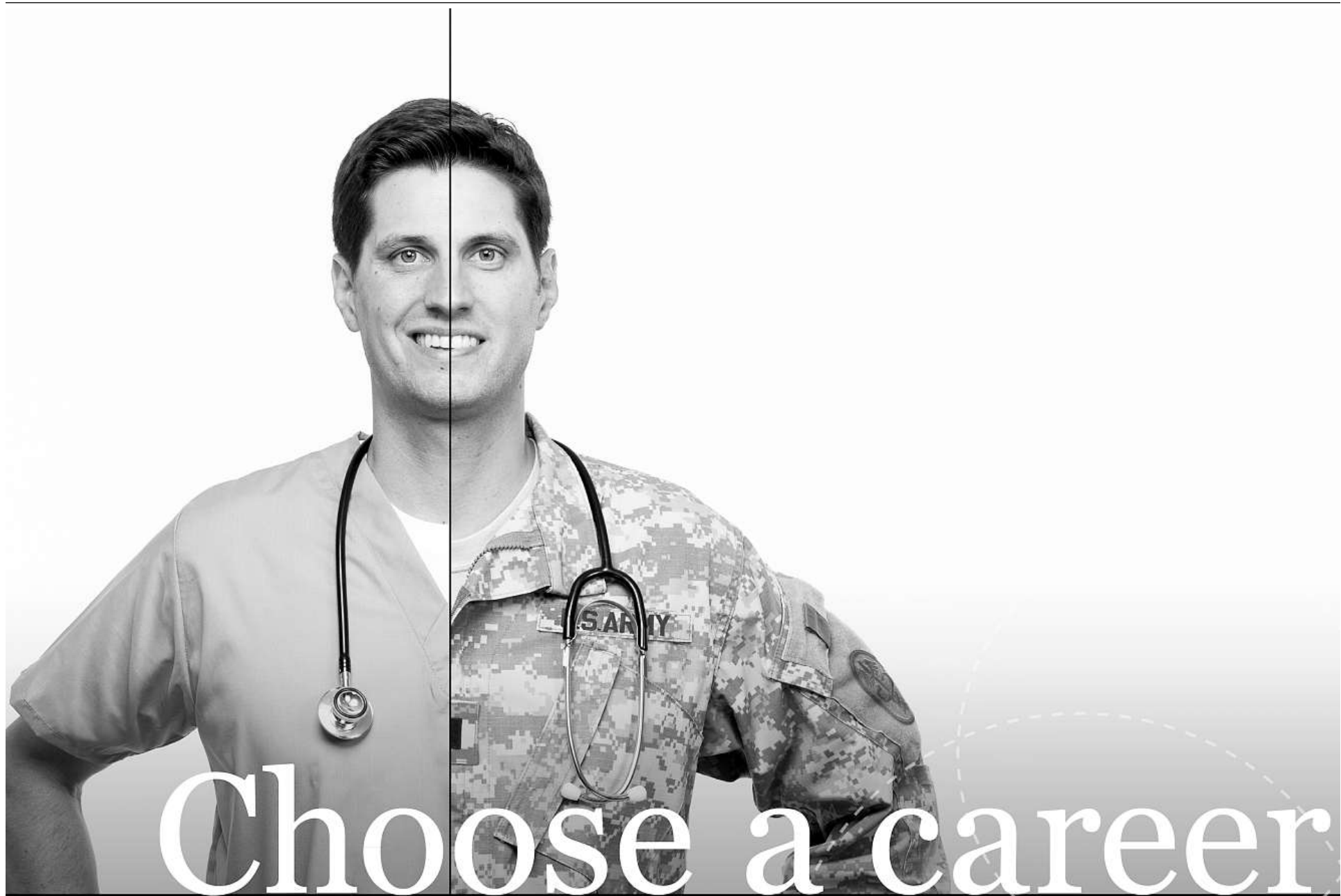
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